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ABSTRACT

This text offers both theoretical and practical information for teaching movement to elementary students. Following an introduction to movement education theory, the content of the book is divided into four sections. Chapter 1 of part 1 outlines a rationale for movement education. Chapter 2 looks at the cognitive, affective, and motor development of young children, and how the movement program has an impact on the various ages and stages of development. Chapter 3 defines the components that should comprise an early childhood movement curriculum. Part 2 deals with the practical considerations of planning and scheduling lessons, group size, and use of space and available equipment in chapters 4 and 5. Chapter 6 offers suggestions for choosing and using music in integrated music and movement experiences. Part 3 includes chapter 7, which focuses on the teaching methods most often used in movement education, and chapter 8, which covers classroom management. Part 4 explores ways of integrating movement experiences in other curriculum areas in chapters 9 and 10, and playground activities in chapter 11. At the end of each chapter key points are highlighted, assignments are suggested, and references are provided. The text concludes with appendix 1, a position statement of the National Association for Sport and Physical Education; appendix 2, a list of sources and resources; a glossary; and an index. (MM)

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